

1 **BARBELL PLATE WITH APERTURES FOR USE IN LIFTING THE PLATE**

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3 **ABSTRACT OF THE DISCLOSURE**

4 A Barbell plate has a round configuration and has a
5 central aperture and at least one aperture along the periphery
6 thereof. The portion of the plate near its periphery has
7 substantially less thickness than the central portion thereof,
8 this end result being achieved by tapering the outer portion
9 of the plate in the direction of the periphery. The aperture
10 or apertures near the periphery are preferably elongated to
11 facilitate fitting one or possibly two fingers in this
12 aperture or apertures with another finger in the central
13 aperture or an opposite peripheral aperture, in lifting the
14 plate.

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